



Waverly Middle School - School District 145
 This institution is an equal opportunity provider and employer.

HERB/SPICE

Cayenne

Cayenne peppers are the source of the familiar red pepper spice used around the world to flavor dishes. One ingredient in cayenne peppers (capsaicin) is a natural pain reliever, and the peppers also help prevent stomach ulcers, clear congestion, and boost immunity.

OF THE MONTH

GREAT STARTS.



A fast start is so important. And what better way to start the New Year than by starting each NEW DAY with a healthy, complete breakfast? You'll have more energy, be more alert, and feel full through the morning!

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!



Pro Football playoffs start Saturday, Jan. 13. What team will wear the crown on Super Bowl Sunday?

Monday, January 8

Breakfast
 Pancake Bites 37g & Cereal Bowl, Fruit, 100% Juice Milk

Lunch
 Corndog 30g & Fries - 20g

Tuesday, January 9

Breakfast
 Maple Waffle 30g & Cereal Bowl, Fruit, 100% Juice Milk

Lunch
 Turkey, Cheese, lettuce Sandwich 28g
 Avocado Spread 4g
 Grain Chip

Wed, January 10

Breakfast
 Cinnamon Toast Crunch Pastry 41g And/or Cereal Bowl Fruit, 100% Juice, Milk

Lunch
 Waffle breaded Chicken Sandwich 60g
 Fries 34g

Thursday, January 11

Breakfast
 Breakfast Pizza - 23g And/or Cereal Bowl Fruit, 100% Juice, Milk

Lunch
 General Tso's s Pork 20g
 Served over Coconut Rice 36.2g
 Dinner roll 20g

Friday, January 12

Breakfast
 Breakfast Cookie 44g And/or Cereal Bowl Fruit, 100% Juice, Milk

Lunch
 Bacon Double Cheeseburger - 33g
 WG Chip

Thursday, January 4

Breakfast
 Chef's Choice

Lunch
 Chef's Choice

Friday, January 5

Breakfast
 Chef's Choice

Lunch
 Home-style "Viking" Cheese Pizza 33g
 WG Cookie
 Fresh Fruit, Fresh Vegetable
 Milk

MANY MOONS

Native Americans had special names for every full moon of the year. One name for the January full moon is the "Moon when the Sun has not strength to thaw."

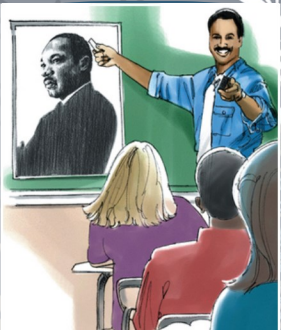
Hey, You!
Put that book down!

The American Academy of Pediatrics recommends that kids get up and do something else for 10 minutes every hour when they're reading to avoid eye, neck, and brain fatigue!

January is National Book Month*



*Celebrated at different times by various organizations, so just read all year!



School will be closed Monday, January 15 in recognition of Martin Luther King, Jr.'s birthday.

Tuesday, January 16

Breakfast

Cocoa Puff Pastry 45g & Cereal Bowl, Fruit, 100% Juice Milk

Lunch

Softshell Chicken Taco 54g Spanish Rice 38g & Dorito Chips Sour Cream/Salsa

Wed, January 17

Breakfast

French Toast Sticks 38g & Cereal Bowl Fruit, 100% Juice, Milk

Lunch

BBQ Shredded Pork Sandwich 18g on Hoagie Bun 26g Fresh Fruit, Fresh Vegetable Fries 24g

Thursday, January 18

Breakfast

WG Cinni Minnis - 35g And/or Cereal Bowl Fruit, 100% Juice, Milk

Lunch

Rotini & Meat Sauce 82g Cheese Breadstick 25g

Friday, January 19

Breakfast

Mini Waffles - 35g & Cereal Bowl Fruit, 100% Juice, Milk

Lunch

Deli Sandwich on Sesame Seed Bun 26g (Ham, cheese & lettuce) WG Chip Mini Chocolate chip cookies 25g



Monday, January 22

Breakfast

Pancake Bites 37g & Cereal Bowl, Fruit, 100% Juice Milk

Lunch

Popcorn Chicken 19g Dipping Sauce Dinner Roll 20g WG Chip

Tuesday, January 23

Breakfast

Maple Waffle 30g & Cereal Bowl, Fruit, 100% Juice Milk

Lunch

Hot Dog 29g Sour Cream & Chive Potato Wedges 25g

Wed, January 24

Breakfast

Cinnamon Toast Crunch Pastry 41g And/or Cereal Bowl Fruit, 100% Juice, Milk

Lunch

Waffles 31.1g & Sausage Patties 0g Egg Patties 19g

Thursday, January 25

Breakfast

Breakfast Pizza - 23g And/or Cereal Bowl Fruit, 100% Juice, Milk

Lunch

Turkey 12g Mashed Potatoes Gravy 34g 2-Dinner Roll (20g each)

Friday, January 26

Breakfast

Breakfast Cookie 44g And/or Cereal Bowl Fruit, 100% Juice, Milk

Lunch

Chef's Choice



Which of these prehistoric life forms is NOT extinct?

Monday, January 29

Breakfast

Cocoa Puff Pastry 45g & Cereal Bowl, Fruit, 100% Juice Milk

Lunch

Orange Chicken 19g Seasoned Rice 38g Egg Roll 21g Soy sauce Fresh Fruit, Fresh

Tuesday, January 30

Breakfast

French Toast Sticks 38g & Cereal Bowl Fruit, 100% Juice, Milk

Lunch

Bacon Double Cheeseburger - 33g Potato Wedges 18g

Wed, January 31

Breakfast

WG Cinni Minnis - 35g And/or Cereal Bowl Fruit, 100% Juice, Milk

Lunch

Calzone Pepperoni 33g Red Sauce Nacho Dorito Chip

NUTRITION TO GO

Not too many decades ago, Chinese food was an exotic cuisine in most parts of America. Today, we spend over \$15 billion a year at more than 40,000 Chinese restaurants in the U.S.

About half of the Chinese-born people who live in America have owned, operated, or worked in a Chinese restaurant at some point in their time here.

A QUICK BITE FOR PARENTS

STEGOMASTODON -- a six-ton elephant-like behemoth. MEGATHERIUM -- a four-ton giant ground sloth. And the AVOCADO?! The first two are extinct -- and the third probably should be. The avocado plant developed its large seed (it was even larger back then) because very big animals would eat the fruit whole in one gulp, seed and all, and help the plant spread to new areas. When most of the big mammals died off 10,000 or more years ago, the avocado should have disappeared with them -- birds and tiny mammals can't begin to swallow and disperse a seed that big! But somehow the wild avocado survived thousands of years until humans learned to cultivate the delicious fruit. And the avocado's future survival was guaranteed when man discovered the Super Bowl and started cranking out lots of guacamole every winter!!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html